

THE
CHRISTIANS

Daily PRACTICE of

PIETY:

OR,

Holy Walking with God.

Very useful for all sorts of People that
desires to make Conscience of their
Ways here, and to fit themselves for
their great Account hereafter.

Licensed according to Order.

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PIETY.

1. **B**E sure to get God, and the things of God next thy Heart when thou awakest. God, the World & Satan with his suggestions knocks to get first in. Open first to God, if Satan or the World hath Possession, out them speedily, and let thy Meditation on God be sweet; spend thy first thoughts on him, and thy Eternal condition, whose thou shall be at the opening of the Graves, and the rising of the Dead: think also thou art one Night nearer Heaven or Hell; resolve to do something towards thy Salvation that day in mortifying some sin, and getting nearer to Christ.

2. Before thou entertainest the World, get more solemnly to God, lift up thy heart unto him, first in thanksgiving for the Blessing, thy renewed life and strength; and then pour out thy Soul in supplication to him for his grace to enable thee in thy duties, to resist the temptations, and to be kept from the evils of that day; enlarge they self, as time be
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and place will permit, read withal some portion of Scripture if thou canst.

3. After thou hast been with God, set a watch upon thy Heart, and keep it close, that thy Heart may not depart too far from God that day, by setting it over much on the Creatures, and thy Calling, but keep thy mind heavenly, and near to God, labouring hourly to keep the sweet relish of God upon thy Soul which thou hadst in thy morning Contemplation and Duty, lest thy Mind and Affection cleave to the World, and so thou spend that day without God in the World.

4 When thy watch is set, then set upon thy lawfull calling with Diligence and good will, doing every hours work, as to the Lord, live not out of a Calling, nor idle in it, exercise as much Care as the weightiness of the work requires; make Conscience of spending the day well; judge a mispent hour no small sin.

5. When thou art in thy Calling, avoid all just cause of offence to God and Man, in Word and Deed; do not provoke God to wrath, nor those that dwell near thee, corrupt not any by thy wanton Carriage; wrong not any by unjust dealings; be courteous peaceable and harmlesse; do not easily take Offence, but be patient, long suffering, forgetting, and forgiving, as God for Christs sake forgives thee...

6. Set

6. Set a solemn time a part to pray in, and with thy Family twice in the day at least, and let those prayer-seasons be when the whole Family can most conveniently assemble, and suffer none through sickness to be absent: let not Evening Prayer-season be deferred too late lest the Body be unable cheerfully to assist the Soul; and oft, through weariness and heaviness, thou lose the Duty and displease God. In all these Duties be hearty, fervent, faithful and serious; spend also some of the day in Meditation of Sin, of Christ, of Death, Judgment, and the Life to come.

7. Be careful all the day long of thy Discourse, for thou must give an account of every idle Word, and by thy words thou shalt be justified, and by thy words thou shalt be condemned; let all thy Speeches be serious, holy, in offensive, and edifying; weigh before hand what honor thy Discourse will bring to God, what good to thy Friend, what good or hurt to thy own Soul; use not any foolish jesting, or taunting reproachful Speeches; spend not many words in thy Buying and Selling abhorre all lies, tales, idle stories, wanton songs, and do not curse nor swear, or use the name of God vainly: let the matter of thy discourse be either on the things of God, or the necessary works of thy Calling: talk not much of other Mens

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matters, back bite none; if thou speak of their Sins, let it be with Grief and so avoid the same thy self : if of their Godliness, let it be to imitate them; Remember God stands by, he hears, and writes down all thou sayest.

8. Observe hourly Gods providential dealing with thee or others, if God hath appeared to thee or others, in any eminent mercy, or judgment, note that, and remember to praise, fear, and love him for it; especially observe what sin he hath shewed thee, what hints of his love, what hopes of his glory; write these in a Book, but chiefly in thy Heart, for thy supporting in deserting and dying times.

9. Have a care all day to the feet of thy Affections, on what they are set; they will be apt to settle on the world & sin, & withdraw from God & duty, review them continually, ask thy self often what thou lovest, fearest, desirest, where thou art, and on what, and recal thy soul if it be departed from God.

10. Take heed of letting loose thy reins to unruly Passions; If thou be angry, sin not, be easie to be intreated, again; let not the Sun go down on thy wrath: abhor railing, reviling or stomaching any, in thy patience possess thy Soul.

11. When thou findest any temptations arising, be sure to meet the Tempter in the strength of Christ, with some Scripture commands,

mands, promise or threatning, which suits with the nature of the temptation to repel it; and let not the Tempter get too near thee: If he be within thee, thou art like to be foiled: it's easier to keep out an Enemy then to cast him out when he is in; especially eye the Tempter most, vvhhen he sets on thee to intice thee into thy Constitution Sins.

12. Mark every hour the coming and going of the Spirit, and attend upon its motions, hear vvhhat it saith unto thee, and vvhhen thou feel'st more than ordinary of his Presence, than examine thy graces, mortifie sin, cleave heartily to God, and delight thy Soul in him; vvvithal, then labour for assurance of his love, (but omit not thy calling) vvhhen thou feelest the Spirit depart, let it not go too far before thou criest after it: O make thy moan to God speedily for its income again.

13. Labour to add some thing to every grace, each day of thy life, and to take something from thy sin; build up thy knowledge in faith, love, joy, and fear daily; lay consideration to the root of all thy graces to quicken them, be as careful of the graces of thy Soul, as of the Children of thy Body, that each may have its meat in due season; vvithdraw thy Soul from every sin, lay the ax to the root of them, and be cutting about them every hour.

14. Have

14. Have frequent and hourly recourse to the Blood of Christ by acts of Faith, for renewed acts of pardon for thy renewed sins, and keep open the flood-gates of repentance, which must run dayly as thou sinnest daily; be Persvaded that thy vwork is never done till thy Life be done; also be frequently leaning on Christ, and dravving strength from him, and help in every under-taking making him thy All in the point of Accession vwith the Father, and assistance in all thy lawfull vworks and duties.

15. If thou fall into the sin of a deep dye, lye not long in it, but apply thy self to Christ for help; and though thou must go vwith shame to God by Christ for forgiveness, yet go speedily & lye at the Throne of Grace, till thou hast got some sence of God's favour, and made up the breach vvhich thy sins made; till thy strangeness to God by reason of that sin be removed from thy spirit: vwhen thou art vvounded, it's not good to lye long from the Physitian.

16. Above all, take heed lest thou fall into a custom of sinning; if one act or tvvo may stand after Illumination of Grace, do not think too many vvill; betimes get out of the vvay of sinning, the more thou yieldest, the
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more sad thy case, and hard thy cure is.

17. Be doing or receiving good in all thy places GOD shall call thee : If thou art among thy Superiours in Grace and Knowledge, learn, if among those that are weaker, teach them; suffer not sin to pass by unreproved, but be a Faithfull, yet a Wise Monitor of those about thee, and take reproofs thy self kindly.

18. In the Evening of the day perform thy Evening Sacrifice of private and secret Prayer, and Praises for thy special Graces, Mercies, and Love Tokens received that Day; then give up thy self to GOD and his Protection, kiss his Son, and let Him lye between thy Arms all Night, meditate on Him in the Night-Watches, and take thy Rest sweetly in the LORD.

Nullus Dies sine linea.

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